

Army Reserve Child, Youth & School Services



CYSS CONNECTIONS

January 2015

Monthly Highlights:

National Mentoring Month



1 January New Year's Day
19 January Martin Luther King, Jr. Day
23 January National Reading Day

Inside This Issue:

Mentoring Organizations	2
Goal Setting	3
JAN Camp Insert	4-5
Command/Unit Events	6
Community Events	7-10
Resources	11
CYSS Contacts & Tips	12



Why should youth become involved in a mentoring program? A mentor is a caring adult who devotes time to a youth. All mentors have the same common goal: to assist youth in achieving their full potential and discovering strengths and interpersonal skills.

Military Youth face stressful situations when starting new schools, moving to unfamiliar areas, and developing brand new friendships. Military Mentoring Programs are a great asset to Military Families. One such program is provided by Big Brothers Big Sisters of America. This agency has established the Military Mentoring Program (MMP) which supports Military children regardless of parent's deployment status, children of fallen, wounded, and disabled Soldiers.



The MMP engages Active Duty, Reserve, Retired Military personnel, and civilians to serve as volunteer mentors for youth. Big Brother Big Sisters of America staff match adult mentors and youth mentees in long-term, one-to-one friendships, and provide professional support for volunteers, children, and families during the process. The three goals of the MMP is:

- ♦ strengthening the youth's connection with his/her parent and respective community
- ♦ saluting the importance of Military values in youth development and
- ♦ assisting with youth's educational and life achievement goals.

To find a local Big Brothers Big Sisters location that offers the Military Mentoring Program, go to: <http://www.bbbs.org>. A list of mentoring opportunities is available on page 2. For assistance with local mentoring opportunities for youth contact a CYSS Specialist listed on the CYSS Contact page.

Mentoring is a wonderful program that is proven to help youth progress through life's transitions. Building a close, healthy relationship with a trusted adult can be integral in youth's success.

Article written by Amanda Nimocks, Odyssey TCI Contractor



This information has been provided by Army Reserve Child, Youth & School Services.
For more information on resources and programs, please visit:
[HTTPS://WWW.ARFP.ORG/CYSS](https://www.arfp.org/cyss)

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visit: WWW.ARFP.ORG

CYSS Mission: To support readiness and quality of life by reducing the conflict between military mission requirements and parental responsibilities



MENTORING PROGRAMS/YOUTH OPPORTUNITIES



Organization Name	Web Link	Program Overview
4-H	http://www.4-h.org/youth-development-programs/kids-health/programming-resources/preventative-health-safety/national-mentoring-program/	The 4-H National Mentoring Program is recognized for implementing effective mentoring strategies with goals of improving family relationships, increasing social competencies, increasing school attendance, reducing juvenile delinquency, youth unemployment, and school failure
Boys & Girls Clubs of America	www.bgca.org	Programs and services promote and enhance the development of boys and girls by instilling a sense of competence, usefulness, belonging, and influence.
Boy Scouts of America	http://www.scouting.org/Volunteer.aspx	Boy Scouts of America provides a program for youth that builds character, recognizes citizenship, and develops personal fitness.
The Steve Harvey Mentoring Program for Young Men	http://steveharveymentoring.com/camps/	This National Mentoring Camp is held in Dallas, TX for four days and three nights. There are regional events in Atlanta, Chicago, Los Angeles, New Orleans, and New York. This interactive program teaches the principles of manhood and dream building to young men.
YMCA	http://www.ymca.net/sites/default/files/news-media/Reach-and-Rise-Program-Locations.pdf	The YMCA's Reach & Rise Program connects kids and teens with adult mentors for 12-18 months.



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CYSS FOCUSED ARTICLE

Goal Setting for Children and Youth

Goals are intended to highlight an individual's strength and overcome weaknesses. Therefore, goals are unique to a person and when teaching children and youth the importance of goal setting, the following six tips make goal setting simpler:



Tip #1: Start Small—Initially, start with small short-term goals. Assist children and youth with keeping their goal. If it is a long-term goal, identify shorter sub-goals. **If you have toddlers, a short term goal is allowing children to pick out their clothes and utilize skills such as buttoning, zipping, and tying.**

Tip #2: Get the idea across— Connect youth goals to talents, values, and objectives. Help youth define their goal and review the goal on a daily basis. **School age youth might save money for a video game. Discuss with youth the steps and discipline involved in achieving the goal.**

Tip #3: Let Youth Choose — Goals are personal and individualized. Youth should set attainable benchmarks for meeting their goal instead of pleasing others. Ask your child for suggestions in setting goals. **A Teen may decide to improve overall academic performance. In the process of accomplishing this goal, the youth decides to set attainable benchmarks such as getting organized, take better notes, and improve study habits.**

Tip #4: Be Alert to Possibilities — Obstacles during the accomplishment of a goal are possible. Hurdles and setbacks can be a part of the goal setting process and serve as a learning experience to youth. Encourage children and teens to overcome obstacles, and continue with the accomplishment of the goal.

Tip #5: Showing Becomes Reality—Establish the parameters in order to complete the goal. Ask youth, "How will you know when the goal is accomplished?" Help youth in establishing steps for goal completion. Share a childhood story of achievement.

Tip #6: Applaud Effort — Compliment youth on reaching the set goal. Equally important is recognizing the effort and steps accomplished for trying if the initial goal was not obtained.

Today's youth have a lot on their plate. School, planning for college, extra-curricular activities, voluntary service, family obligations, and faith-based obligations are just some of the activities many youth commit to weekly. Goal setting will help youth find success and help develop positive and lifelong habits. Goal setting helps youth develop purpose, increase self-esteem, develop responsibility, gives focus, and promotes organization.

Article Written by Dan Aukst and Sheena Caston, Odyssey TCI Contractors

Source: Parents.com



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JANUARY CAMPS



January 2015 Military Youth Camping opportunities are listed below. Youth have the opportunity to participate in unique experiences at little or no cost. Winter Camping Opportunities are provided by Military Teen Adventure Camp grants, Operation Military Kids, and YMCA locations. These camps are open to Military-connected youth regardless of Branch of Service who have a parent/loved one in any phase of the deployment cycle; priority is given to children/youth from geographically dispersed families. Camps for youth with special needs (physical disabilities) are also listed. There are spaces still available. Register your youth today!

Name of Event	City	State	January Dates	Ages/ Grades	POC Contact
White Mountain Adventure Camp (Youth with physical Disabilities)	Bretton Woods	New Hampshire	2-5	Ages 14-18	Charlotte Cross militaryteen.camp@unh.edu 603.862.0876 www.nhmilitarykids.org \$20 Registration Fee
Summer Camp Reunion	Sewickley	Pennsylvania	4	Ages 6-17	Baierl Family YMCA www.campsoles.org 814.352.7217
Military Kids Youth Summit	Sheboygan	Wisconsin	9-10	Ages 11-13	Shawna Wyman shawna.m.wyman2.ctr@mail.mil 608.242.3483
Super Science Saturday	Fort Wayne	Indiana	10	Grades 4-12	Heather Rosbrugh heather@starbasein.org 260.478.3712
Outdoor Winter Survival Camp	Croghan	New York	16-20	Ages 14-18	Lisa Vaughn lgy6@cornell.edu 315.788.8450, ext. 261 www.ccejefferson.org \$25 registration fee
Intense Winter Wilderness Survival Primitive Skills	Versailles	Kentucky	16-18	Parents and youth ages 14-18	Kerri Ashurst kgoodman@email.uky.edu 859.257.3032 Kelly Ulm Kelly@lifeadventurecenter.org 859.873.3271

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JANUARY CAMPS CONTINUED

Name of Event	City	State	January Dates	Ages/ Grades	POC Contact
Winter Survival Adventure	TBD	Washington	16-18	Ages 14-18	Kevin Powers kcpowers@wsu.edu 509.667.6540 http://county.wsu.edu/chelan-douglas/youth/youth/mtac/Pages/index.aspx
OMK Winter Warrior Games Teen Retreat	Rockwood	Pennsylvania	16-18	Grades 7-12 DEERS Enrolled	Susan Smith sjs52@psu.edu 814.865.2264 http://www.cvent.com/events/omk-winter-warrior-games-teen-retreat/event-summary-6212519cddda44529327e85f42e9ef21.aspx Registration Ends JAN 5, 2015
SnoFest Military Ski and Ride Camp FREE Event for Wounded Warriors	Keystone	Colorado	21-25	Injured Veterans Family and Friends	David Schmid dave@adaptiveadventures.org http://adaptiveadventures.org/event/2015/snofest-military-ski-and-ride-camp
OMK "Lego Robotics" Camp	Lehi	Utah	24	Grades 6-8	Rachelle Greenhalgh Rachelle.greenhalgh@usu.edu 435.632.4608 http://utah4h.org/htm/omk Registration Ends JAN 21, 2015
4-H Fashion Camp	Pollack	Louisiana	24-25	TBD	Tanya Giror TAGirol@agcenter.lsu.edu 225.578.6303
Art Lab at Upham Woods	Wisconsin Dells	Wisconsin	30-31	Grades 9-12	Sue Curtis Sue.curtis@ces.uwex.edu 608.342.1308 Registration Deadline—6 JAN \$10 registration fee



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COMMAND/UNIT UPDATES



Want to be part of an outstanding group of Army Reserve teens?

Join the 103rd ESC Teen Council and belong to an elite group of teens sponsored by the Family Programs Office. The Teen Council will identify issues that affect them as military Youth and develop solutions, participate in workshops and training to enhance skill sets, and organize and complete service learning projects.

Receive training

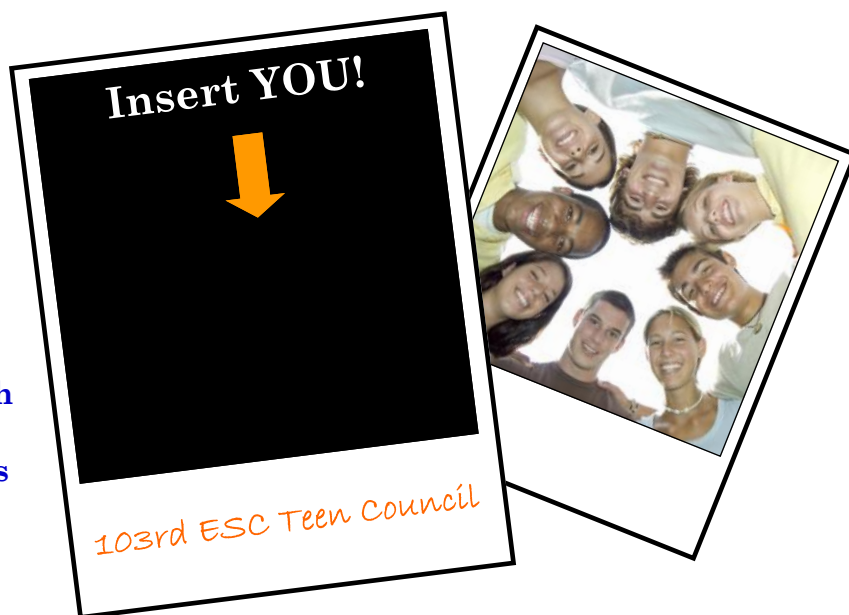
Receive volunteer hours

Address issues that affect YOU

Get involved with your Command

Connect with other Command Youth

Strengthen leadership and life skills



Applicant Requirements:

- Must submit a complete Application Packet
- Must be between the ages of 13-17 upon appointment
- Must be 103rd ESC affiliated (sponsor must be Service Member or employee of Command or down trace)
- Must be able to commit to quarterly teleconferences and two face-to-face meetings per one year term

For more information or to receive an Application Packet, please contact Courtney Adams, 515-362-3710 or courtney.m.adams14.ctr@mail.mil.



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COMMUNITY EVENTS

January 2015/February 2015

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What's Happening in Your Neck of the Woods...

ILLINOIS: IL OMK- CLICK HERE! OMK has a compiled list of events throughout the state!

Family Fun Night

10 January 2015, 1700-1900

Two Rivers YMCA - Moline, IL

Join us for a pizza party and games! All military families are welcome to attend. Register at <http://web.extension.illinois.edu/hmrs> (Operation Military Kids Family Fun Night) or by calling 309-756-9978. Please note: this is the same day as our January Operation Family Time Out - register for that separately. Please come over and join the fun!

Operation Family Time Out - Registration Required

10 January 2015, 1300-1700

Two Rivers YMCA - Moline, IL

Operation Military Kids of the Greater Quad Cities is pleased to offer "Operation Family Time Out" for military Families. The Y staff and staff from the University of Illinois Extension/4-H provide an afternoon full of activities, use of the YMCA, lots of fun and a snack. The time includes free child care and 4-H programming for military Families with kids 6 weeks thru 12 years old. ONE WEEK ADVANCE REGISTRATION IS REQUIRED (by Friday the week before). Register online through the link at: <http://web.extension.illinois.edu/hmrs> (on the right hand side of the page under "Register Online" and "Operation Family Time Out"). For more information or assistance, please contact University of Illinois Extension at 309-756-9978.

"Dream. Lead. Achieve." Illinois 4-H Junior Leadership Conference - Grades 7-8

28 February-1 March 2015

Decatur, IL

Youth in 4-H or OMK are invited to have fun while learning new leadership and communication skills. Cost: \$135, which includes all meals, lodging, and conference supplies. OMK Military Youth registering for the conference should email Linda at lkupfers@illinois.edu to receive a reimbursement for a portion of the registration fee. For more information and to register, visit: <http://web.extension.illinois.edu/state4h/events/juniorleadership2015.cfm>. A commemorative t-shirt can be purchased for \$10. Registration deadline: 7 February. For questions, contact Linda at lkupfers@illinois.edu or 217-265-8209.

IOWA: Iowa is currently not an official Operation: Military Kids state

Operation Family Time Out - Registration Required

14 February 2015, 1300-1700

Davenport YMCA - Davenport, IA

Operation Military Kids of the Greater Quad Cities is pleased to offer "Operation Family Time Out" for military Families. The Y staff and staff from the University of Illinois Extension/4-H provide an afternoon full of activities, use of the YMCA, lots of fun and a snack. The time includes free child care and 4-H programming for military Families with kids 6 weeks thru 12 years old. ONE WEEK ADVANCE REGISTRATION IS REQUIRED (by Friday the week before). Register online through the link at: <http://web.extension.illinois.edu/hmrs> (on the right hand side of the page under "Register Online" and "Operation Family Time Out"). For more information or assistance, please contact University of Illinois Extension at 309-756-9978.

Monthly Military Family Connections (MMFC)

17 January 2015, 1730-2030

Waukegan YMCA - Waukegan, IA

This month's MMFC will be held at the Waukegan YMCA (210 North Warrior Lane), and will have a fitness and health theme. Families will have access to the pool/kids fountain, gym, and racquetball court. Families from all branches are welcome. Families are asked to bring a side dish (main dish provided). Please RSVP total number attending (including adults) to Chris Cox, Christopher.j.cox18.ctr@mail.mil or 515-727-3064 or on Facebook: <https://www.facebook.com/iowacyyp> under the Events tab.



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MINNESOTA: [MN OMK- CLICK HERE!](#)— OMK has a compiled list of events throughout the state! Please visit Beyond the Yellow Ribbon (<http://www.btyr.org/events-a-deals>) to view an extensive list of events and special offers for Families and veterans.

OMK Family Camp

6-8 February 2015, 1800-1130

Camp Shamineau - near Motley, MN

A weekend camp for Military Families with at least one child in grades K-12. Family camp is intended to help Families communicate, cooperate, and have fun. Registration deadline: 21 January. Cost: \$25/family. Fee waived upon request prior to registering. For more information, contact Kia Harries, kharries@umn.edu or 507-372-3900 x3908.

NEBRASKA: [NE OMK- CLICK HERE!](#)— OMK has a compiled list of events throughout the state! There is an extensive list of events for January and February online.

Hyde Memorial Observatory - Watching Stars

10, 17, 24, 31 January 2015; 7, 14, 21, 28 February 2015, 1900-200

Hyde Memorial Observatory - Lincoln, NE

Gaze at the night sky through three powerful telescopes, enjoy two programs about astronomy or space exploration that change monthly, and interact with knowledgeable volunteers. Programs last about 20 minutes with 20 minute pauses in between so patrons can look through the telescopes between programs. Entry is Free. For more information or directions, please visit www.hydeobservatory.info.

Kearney Children's Museum/UNK - Family Arts Day

10 January 2015, 0900-1200 and 1300-1600

UNK Fine Arts Building, 905 W 25th St/ - Kearney, NE

Experience the fine Arts of Kearney through these hands-on activities for K-5th grade. There will be Instrument Petting Zoo; Sing, Move & Play; Explore Opera; Magic Boxes & Fiber Bracelets; Clowning Around; Get into the Groove; Acting Up; Theatre Make-Up. Cost: \$5/child, adults free. There are two sessions: #1 from 9:00 to Noon; #2 from 1:00-4:00PM. Limited availability so register at www.kearneychildrensmuseum.org

Lincoln Children's Museum Elementary Camp: Tinker Time - Ages 6-10 years

19 January 2015, 0800 - 1700

Lincoln Children's Museum - Lincoln, NE

It's tinker time—time to explore, experiment and build. Kids will get the chance to choose their own adventure: make a mini movie, create circuits with play dough, take toys apart, or make sculptures in our cardboard lab. Anything is possible and the only limit is your imagination! Campers should bring a sack lunch; no nuts, please! Cost: \$50 for members, \$65 for non-members. For more information and registration, please contact Director of Education Regina Flowers at 402-477-4000 ext. 117, rflowers@lincolnchildrensmuseum.org, or visit <http://www.lincolnchildrensmuseum.org/education/>.

Omaha Children's Museum- Martin Luther King Jr. Day

19 January 2015, 1000 - 1600

Omaha Children's Museum - Omaha, NE.

Dream big like Martin Luther King, Jr.! We are celebrating the power of dreaming with themed activities throughout the museum. FREE with regular museum admission. Imagination Playground: The Skin You're In book and craft. Special Exhibit: Make a friendship bracelet. Science Center: All Colors are Beautiful Science Show. Creative Arts Center: Partner Art. All crafts are available while supplies last. For more information, please visit <http://www.ocm.org/exhibits/special-events/>.



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Papio Fun Park Cabin Fever Party

24 January 2015, 1200 - 2200

Papio Fun Park - Papillion, NE

Fun day for the whole family! Unlimited laser tag; space ball and jump shot; free play video games; pool tables and Dance, Dance Revolution game. There will also be free popcorn. Cost: \$5 per person, parents can watch for free. For more information, please visit: <http://www.papiofunpark.com>.

Omaha Children's Museum- Family Date Night

6 February 2015, 1700 - 2000

Omaha Children's Museum - Omaha, NE

Enjoy First Friday Family Date Night with Candy Land games, crafts and more! FREE with regular museum admission. Creative Arts Center: Make a mustache lollipop. Science Center: Make Lifesaver cars. Imagination Playground: Candy Land game. Special Exhibit: Play Candy Land board game and make a candy necklace. All crafts are available while supplies last. For more information, please visit <http://www.ocm.org/exhibits/special-events/>.

Lincoln Children's Museum Elementary Camp: The Science of Snow - Ages 6-10

16 February 2015, 0800 - 1700

Lincoln Children's Museum - Lincoln, NE

Become a snow scientist! Create frozen bubbles, make your own frost, and answer pressing snow questions such as: what makes snow white? How big was the world's largest snowflake? And, can it be too cold to snow? Campers should bring a sack lunch; no nuts, please! Cost: \$50 for members, \$65 for non-members. For more information on this camp and registration, please contact Director of Education Regina Flowers at 402-477-4000 ext. 117, rflowers@lincolnchildrensmuseum.org, or visit <http://www.lincolnchildrensmuseum.org/education/>.

Omaha Children's Museum- President's Day

16 February 2015, 1000 - 1600

Omaha Children's Museum - Omaha, NE

Join us for themed activities throughout the museum all day. FREE with regular museum admission. Imagination Playground: Duck for President book and craft. Special Exhibit: Presidential game. Science Center: Red, White & Blue Science. Creative Arts Center: Patriotic Painting. All crafts are available while supplies last. For more information, visit <http://www.ocm.org/exhibits/special-events/>.

Student Career Day - Presented by Summit Racing Equipment

27 February 2015, 0930 - 1630

CenturyLink Center - Omaha, NE

A special day for students to discover their passion and explore exciting careers in the Automotive Aftermarket with a special preview into the show. Guest speakers and innovators share their passion of the aftermarket hot rod industry. The event begins with a general session starting promptly at 0930. Plan to arrive early for check in. The general session will last approximately 45 minutes which includes: Distribution of donated items (hats, magazines, stickers etc.), special interactive show features, brief comments from sponsors and guest speakers, and drawings for prizes and giveaways. Following the session, students will be allowed to preview the show ahead of opening to the general public. During the day, they will have an opportunity to meet with car owners and builders, participate in several interactive exhibits, and talk to representatives from area colleges and tech schools. Scholarship opportunities are also available from many of these schools. For more information and to register, visit: <https://autorama.com/student-day/omaha/>

NORTH DAKOTA: [ND OMK- CLICK HERE!](#)— OMK has a compiled list of events throughout the state!

SOUTH DAKOTA: [SD OMK- CLICK HERE!](#)— OMK has a compiled list of events throughout the state!



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WISCONSIN: [WI OMK- CLICK HERE!](#)— OMK has a compiled list of events throughout the state!

Military Kids Youth Summit

9-10 January 2015

Sheboygan, WI

Most military youth are natural leaders; this Summit is designed to sharpen their skills and abilities, and teach them how to use them in their life and in their communities. Youth will do hands on activities that encourage leadership, friendship and inner reflection. Parents will attend a breakout Saturday morning highlighting ways to ignite the inner leader in their youth. For registration details, contact Hayley Strand, hayley.m.strand.ctr@mail.mil or 608.388.9363, or Blythe Newburg at blythe.j.newburg.ctr@mail.mil or 608.388.0446.

Art Lab at Upham Woods - Grades 9-12

30-31 January 2015

Upham Woods Outdoor Learning Center - Wisconsin Dells, WI

Participants will choose from one of the following activities while at camp: film making, photography, digital storytelling, taekwon do, theatre arts, basketry, and print making. Registration deadline is 6 January with a \$10 registration fee. Registration is on a first come, first served basis. For questions and to register, contact Sue Curtis, sue.curtis@ces.uwex.edu or 608-342-1308.

OMK Winter Camp - Grades 5-7

21-22 February 2015, 1000-1400

Upham Woods Outdoor Learning Center - Wisconsin Dells, WI

Campers will sleep in a dorm, eat in a dining hall lodge, spend the day doing winter activities and spend the night around a campfire! Registration ends 12 January and there are only 25 spots. More information and to register, visit: <http://fyi.uwex.edu/wiomk/camping-programs/> or contact Sue Curtis, sue.curtis@ces.uwex.edu or 608-342-1308.

NATIONAL EVENTS

2015 NH White Mountain Winter Adventure Camps for Military Teens - Ages 14-18

15-18 February 2015

22-25 February 2015

Bretton Woods, NH

Transportation allowance of up to, but not exceeding \$200 per camper is available from anywhere in the U.S. Register now, as spaces are limited - two sessions available. Teens will enjoy winter sports like alpine skiing, dog sledding, ice skating, snow tubing, and a winter hike. Participation in these opportunities will help increase self-esteem, competence, confidence, leadership skills, skill development, social skills, and communication techniques and promote an active, healthy lifestyle. Campers will work together, socialize, play, and learn through a variety of adventure-based activities. Cost: \$20 registration fee includes lift tickets, equipment rental, food/lodging, and camp memento. No additional fees. For more information, visit www.nhmilitarykids.org, email militaryteen.camp@unh.edu, or call 603-862-0876.

YOU MAY ALSO BE INTERESTED IN CHECKING THE FOLLOWING LINKS REGULARLY:

CYSS Events: <https://www.arfp.org/index.php/programs/child-youth-a-school-services>

4-H: www.4-h.org

YMCA: www.ymca.net

Operation Military Kids calendar for your state: www.operationmilitarykids.org/public/states.aspx



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RESOURCES AND WEB LINKS

For Deployed, AGR, Wounded, Ill, Injured or Fallen Soldiers

Army Fee Assistance will be provided by General Services Administration (GSA) working with those who serve in the military find and afford child care that suits their unique needs. Through the fee assistance program, families are eligible to receive monthly fee assistance to help offset the cost of child care in their communities. For more information visit, http://financeweb.gsa.gov/childcare_portal.

Army Respite Care The Army Respite Child Care will provide the family between 8 to 16 hours of hourly child care each month for each of the eligible children. Parents can use this time to run errands, attend appointments, or just take some well-deserved time out for themselves. The Army recognizes the challenges and extraordinary stress the parents and their families may be experiencing, and wants to help support them in meeting their unique child care needs. Eligibility: Deployed; Temporary Change of Station; Unaccompanied Permanent Change of Station; Temporary Duty; Wounded, Ill or Injured Status; Survivors of Fallen Warriors.

For Various Duty Statuses

Boys and Girls Clubs of America's (BGCA) is a network of safe, neighborhood-based facilities, for children/teens to come together. Visit: www.bgca.org

Military Kids Connect (MKC) is an online community of military children (ages 6-17 yr old) that provides access to age-appropriate resources to support children from pre-deployment, through a parent's or caregiver's return. Visit: www.militarykidsconnect.org

Military Mentoring: Operation Bigs is a new mentoring program created by Big Brothers Big Sisters that is specifically for military kids. The Big Brothers Big Sisters MMP supports children of the deployed and non-deployed, children of the fallen and children of the wounded and disabled. The program serves children of veterans at selected locations. The MMP also engages Active Duty, Reserve or Retired/Separated Military personnel, as well as civilians as volunteer mentors. Visit: www.bbbs.org

Operation: Military Kids (OMK) provides support and resources to military youth before, during, and after parents are deployed. Visit: www.operationmilitarykids.org

Sittercity Welcomes Military Families! Sittercity membership at no cost for military families and offer access to a database of local babysitters, nannies, pet sitters, elder caregivers, etc. Memberships are funded by the DoD to help you find local sitters and military subsidized child care providers, and are available to Army, Marines, Navy and Air Force families, including Active Duty, Reserve, and Guard. Activate your membership today! Visit: www.sittercity.com/dod

Military Child Education Coalition (MCEC) is a non-profit organization focusing on academic and school-related needs of military-connected youth. Visit: www.militarychild.org

SOAR is designed for military families, and is easily accessible worldwide. Students take an assessment aligned to state standards, and SOAR directs them to individualized tutorials to improve skills where needed. Visit: <http://www.soarathome.org/> or www.militaryimpactedschoolsassociation.org

Tutor.com for U.S. Military Families - Get help from a professional tutor anytime you need it. FREE for Active Duty, National Guard and Reserve members in the Army, Marines, Navy or Air Force and their dependents. Tutors are online 24/7 and available to help in more than 16 subjects. Visit: www.tutor.com/military



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Fort Family Outreach & Support Center assistance is available 24/7 at 866-345-8248 or
visit: WWW.ARFP.ORG



The mission of Army Reserve Child, Youth & School Services is to support readiness and quality of life by reducing the conflict between Military Mission requirements and parental responsibilities.



Family Programs Coordinator

Mrs. Sheryl King
(103RD ESC)
225 East Army Post Road
Des Moines, IA 50315-5899
Email: Sheryl.J.King.civ@mail.mil
Phone: 515-362-3707

Contact Mrs. King for assistance with:

- Family Support Services
- Family Programs Training



School Services Specialist (SSS)

Jason Follett
Contractor: Odyssey-TCI JV, LLC
(103RD ESC, IA, ND, NE & SD)
225 East Army Post Road
Des Moines, IA 50315-5899
Email: Jason.Follett.ctr@mail.mil
Phone: 515-362-3709

Contact Mr. Follett for assistance with:

- Command/Unit Support
- Educational Events and Activities
- Scholarship Information
- College Prep
- Academic/Tutoring Resources
- School Support Services



Youth Services Specialist (YSS)

Courtney M. Adams
Contractor: Odyssey-TCI JV, LLC
(103RD ESC, IA, ND & SD)
225 East Army Post Road
Des Moines, IA 50315-5899
Email: Courtney.M.Adams14.ctr@mail.mil
Phone: 515-362-3710

Contact Ms. Adams for assistance with:

- Command/Unit Support
- Weekend Events and Activities
- Child Care Resources
- Youth Programming
- Teen Council

Stay connected with the 103rd ESC!



If you are not part of the Command listed or do not reside in Iowa, contact one of the CYSS Staff members above and we will connect you with the YSS or SSS in your area.



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